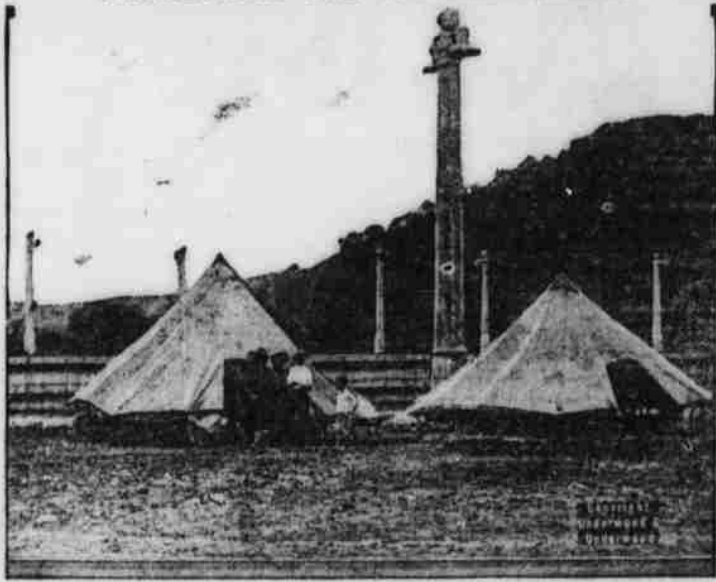


PROTECTING THE PANAMA CANAL



To guard against any possible attack on the Panama canal there is now stationed at each of the locks one company of United States Infantrymen. The photograph shows some of the soldiers and their tents at Pedro Miguel.

Will Revive Greek Ideals

Noted English Physical Culturist Here to Show Americans How to Perfect Minds and Bodies.

New York.—Mrs. Diana Watts, the noted English physical culturist, is here with her revived Greek ideal for the perfection of our minds and bodies. Five years of study, during which time Mrs. Watts isolated herself on the Isle of Capri, off the coast of Italy, has convinced her that she has rediscovered the Greek ideal of physical fitness which has been lost to the world for centuries.

Though she admits she has reached the age of forty-seven, she stands be-



Mrs. Diana Watts.

fore the public today, a new type of perfect woman. The flush of youth is in her cheeks, and in every line of her supple body is traced the contour of youth. The energy and vitality of a strong man is in her pliant muscles. All this she has achieved in five years after working out the methods employed by the ancient Greeks.

Mrs. Watts has the distinction of being the only woman who appeared on the platform of the Institute Marey of Paris. At the invitation of Professor Richet, the president, she lectured in the presence of over one hundred savants on her new discovery. Later she was made an associate of the institute. Mrs. Watts will lecture at Yale, where, it is said, aesthetic dancing has been made a part of gymnasium work. She will also lecture at the British embassy in Washington. The photo shows her in the pose of the "Aegina Archer."

SELL THEIR WIVES FOR BREAD

Cracow Peasants Starving as a Result of Bad Crops Last Year—Thousands Involved.

Berlin.—Amazing stories are being printed in the German newspapers concerning the terrible predicament of Silesian peasants in the neighborhood of Cracow. Thousands of men, women and children, mostly Poles and Ruthenians, who have come over the border from Galicia, are there begging for food. They belong to the agricultural population of that country, and have been totally ruined by bad harvest and general distress prevailing in Austria in consequence of the money spent for mobilization during the two Balkan wars.

Men are willing to sell their daughters and wives, even, for a piece of bread. A great many are ill from starvation and exposure, but the Prussian police have found at last remedy for these poor wretches. They are being driven back like cattle across the border. Five hundred of them

JEWELS OF LONDON MUSEUM

Ancient and Interesting Relics Are Now to Be Seen at Stratford House.

London.—The London museum, removed from Kensington palace to Stratford house, is twice as interesting as it was, and more. At Kensington there was no scope for definite arrangement. In the noble rooms of Stratford house overlooking the mall it has been possible to follow a chronological order and to convey in the costumes and the pictures, in the pottery and the weapons, in the books and the thousands of other local relics, a clear and telling history of London from Saxon times until the present age.

The most interesting addition that has been made to the museum was shown in the gold and silver room at a recent private view. It is a case containing 150 jewels of the early seventeenth century that were found by a workman two years ago in chalk soil 16 feet beneath the cellar floor of an old house in London.

There are gold and enamel pendants and rings, enameled gold chains, a gold and enamel scent bottle set with diamonds and rubies, and a very fine diamond ring, crystal chalices and other communion relics, amethysts, sapphires, rubies, garnets and turquoises.

Like the box in which they were found, with the earth all over them, the pearls had decayed. But for the rest the treasures, as one of the visitors remarked, have the appearance of being so extraordinarily modern that all the gems look as though they might be bought in a jeweler's shop today.

Three hundred years ago some one must have buried this wonderful casket of treasures, hoping for an opportunity to secure its safe recovery. That opportunity never came, and the romance or crime that led to its concealment will never be unearthed. The scene of its recovery and the sum that was given to the man who found it remained a secret.

VESUVIUS AND ETNA ACTIVE

Arpad Kirner, a Hungarian Engineer, Lowered Himself Into Crater of Stromboli.

Naples.—During the last few weeks both Etna and Vesuvius have been in a state of activity. Vesuvius is giving vent to explosions at intervals of half an hour, accompanied by a dull, rumbling noise like an express train in a tunnel. At times the mass of lava inside has risen so high as to be plain-

ly seen at the summit of the crater. In addition, a blue cloud makes the smoke cap much larger than usual. The last movement of the kind began in 1875. There was no eruption until 1906.

A Hungarian engineer, Arpad Kirner, clothed himself in a suit of asbestos, with a metal helmet, and lowered himself into the crater of Stromboli. He reached a depth of 700 feet but at that point his oxygen apparatus ceased to work. He immediately pressed an electric button and his comrades drew him up. He was in a pitiable condition. He was nearly suffocated by the gas and was severely injured by stones and lava, which rained upon him.

SURPRISES HER SOCIAL SET

Miss Jeannette Allen, Noted Horserwoman, Announces Engagement One Day and Marries Next.

Washington.—Miss Jeannette Allen, the daring equestrienne daughter of Lieut. Col. and Mrs. Henry T. Allen, and one of the leaders in the younger army set in Washington, has surprised her friends by announcing on a recent Sunday her engagement to marry Lieut. F. M. Andrews of the Second



Mrs. F. M. Andrews.

cavalry and by marrying him the next day. Mrs. Andrews has won many prizes by her horsemanship at the shows and has the reputation of being always in the fore at the society fox hunts in the vicinity of Washington. The Andrews will make their home at Fort Ethan Allen, Vermont, where Lieutenant Andrews' regiment is stationed.

Paints and Crowd Looks On. New York.—An unknown artist drove up in an automobile, set his card on the rear seat and painted a picture of the new municipal building. He worked for several hours while an enormous crowd looked on.

Jailers Attend Banquet. Chicago.—After making every prisoner promise to be good and not get into mischief, jailers and guards at the county jail locked cell doors, turned out the lights and attended a banquet to Sheriff Michael Zimmer in the Congress hotel.

Prisoners Not Worth Carfare. Suffern, N. Y.—Rather than pay \$1 carfare for the return of three escaped prisoners caught at Hackensack, N. J., Police Justice Tilton ordered them discharged.

Clown Becomes a Minister. Urbana, O.—"Daredevil" Hawes, former circus clown and high diver, has begun his duties as a minister, taking charge of the pastorate of the Richmond Baptist church.

SEES HIS LEGS CUT OFF

Application of Local Anesthetics and His Own Nerve Make It Possible.

Denver.—"Go to it, doc! Saw 'em off above those bum knees! That's it! Good boy, doc! Say, but that's some neat job."

William Dunn sat in an operating chair at the county hospital and smilingly watched the amputation of his two worthless legs, as he talked.

That he was able to take a directing part in the operation was due to the use of local anesthetics.

"Now I can get out and earn my own way," Dunn chatted on, while the surgeon was busy with knife and saw.

The surgeon who performed the successful operation on Dunn's legs has fitted up a crude wheeled chair for his patient to use in selling papers when the leg stumps heal.

Dunn suffered from locomotor ataxia 15 years.

A Surprise. "Why are you so surprised to see me? Did not the maid tell you who it was that had called?" "No, she only said: 'A gentleman.'"

RINGWORM ITCHED TERRIBLY

1545 Aisquith St., Baltimore, Md.—"My children were afflicted with what they called ringworm of the scalp contracted from a house-cat they were playing with. The ringworm formed on their scalps about the size of a silver dollar and their hair fell out, leaving a round scale or crust on their scalps. Their hair fell out in round spots. There was terrible itching, and they scratched till the blood came. They were very fretful and could not sleep at night, and they were very cross."

"They" were treated for several months with no improvement whatsoever. I was told they would never have any hair and would always be bald. Then I began using Cuticura Soap in connection with Cuticura Ointment and the first week I could see the wonderful remedies were doing all they were claimed to do and in six weeks' time they were entirely cured. They all have a beautiful growth of hair." (Signed) Mrs. Sadie Pollock, Jan. 1, 1913.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 22-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

His Brand of Religion. "Brother Philander," said I to our head deacon the other day. "I have been watching Brother Sly for a while and I am free to confess that I can't quite understand his brand of religion. He seems different some days than others." "Yes," replied Old Philander with one of his knowing smiles. "I know what you mean. I will tell you about Sly and his religion. Now, on Sunday he doesn't allow the neighbors to interfere with his devotions. On week days he doesn't allow his devotions or his religion to interfere in his dealings with his neighbors. I might put it a little plainer. The Lord is safe all the time. The neighbors are safe only on Sunday." Philander's knowledge of church history is so fine that it keeps down all dissension, and we regularly re-elect him unanimously as treasurer and boss deacon.—Kansas City Star.

Tough on the Bears. Some time ago Walter Shaw, known as one of Gardner's most persistent was, wrote a letter to the New York Society for the Prevention of Cruelty to Animals. It was deplorable, he said, the way the government men in charge of the Yellowstone park treated the wild animals. Their cruelty was absolutely barbaric. Just to cite one instance, he said, these scoundrels did not give the poor bears anything to eat during the entire winter, when the whole park is blanketed with snow.

The society immediately started an investigation, beginning at the office of the secretary of the interior. Such cruelty must be stopped. It pressed its investigation until some friendly naturalist told them that bears hibernate all winter.

HER MOTHER-IN-LAW Proved a Wise, Good Friend.

A young woman out in Ia. found a wise, good friend in her mother-in-law, jokes notwithstanding. She writes: "I was greatly troubled with my stomach, complexion was blotchy and yellow. After meals I often suffered sharp pains and would have to lie down. My mother often told me it was the coffee I drank at meals. But when I'd quit coffee I'd have a severe headache."

"While visiting my mother-in-law I remarked that she always made such good coffee, and asked her to tell me how. She laughed and told me it was easy to make good 'coffee' when you use Postum."

"I began to use Postum as soon as I got home, and now we have the same good 'coffee' (Postum) every day, and I have no more trouble. Indigestion is a thing of the past, and my complexion has cleared up beautifully."

"My grandmother suffered a great deal with her stomach. Her doctor told her to leave off coffee. She then took tea but that was just as bad."

"She finally was induced to try Postum which she has used for over a year. She traveled during the winter over the greater part of Iowa, visiting, something she had not been able to do for years. She says she owes her present good health to Postum."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Postum now comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum. —sold by Grocers.

FORCED TO EAT CRUSHED ICE

And Was Not Even Allowed Privilege of Sitting Up, but Finally Wins Out.

Kaplan, La.—Mrs. Cassmear Burkhardt, of this town, gives out following for publication: "I feel that I owe my life to Cardui, the woman's tonic. I was married last April, and was in fairly good health. Shortly after marriage my health began to fail, and for three long months I was threatened with serious sickness."

I passed most of my time in bed, with a nurse at my bedside. At last, I was told an operation was necessary. I was so weak I could retain nothing on my stomach but crushed ice, and was not even allowed to sit up in bed.

A friend of mine advised me to use Cardui, the woman's tonic, and they got a bottle for me, as a last resort.

After taking Cardui for one week, I was able to be up in my room. After continual use for two months, I was in perfect health, and could do all of my work without tiring.

I take an occasional dose of Cardui and Black-Draught now, to keep my system in good condition.

Several of my friends are using Cardui with good results. I am never without it in the house."

There's a bottle of Cardui waiting for you at your nearest druggist. Get it and begin taking today. You will never regret it.—Adv.

Mistaken Raid.

"They fooled some cops the other evening at a tango dance contest." "How did they fool 'em?" "Told 'em they had better raid the hall as a lot of dips were getting in their work."

If you recommend a man for a position and he acts badly it is doughnuts to fudge that you will be blamed for it all the rest of your days.

Be happy. Use Red Cross Bag Blue; much better than liquid blue. Delights the laundress. All grocers. Adv.

Girls, if a young man doesn't know how to make love, it is neither arduous nor unpleasant to teach him.



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placed anywhere, attracts and kills all flies, mosquitos, etc. etc. etc. Kills all insects. Made of natural, non-toxic ingredients. Will not soil or injure anything. Guaranteed effective. All dealers or write for sample and price list. HAROLD SOMER, 125 DeKalb Ave., Brooklyn, N. Y.

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